

Food & Nutrition

South Summit School District

Notices

Breakfast is available at each school every morning!

Elementary School: 8:30-8:50am

Middle and High School: 7:00-7:35am **Did you know?**

Eating breakfast can improve cognitive performance, test scores and achievement scores in students, especially in younger children. According to a study published in the journal "Archives of Pediatrics and Adolescent Medicine," students who increased their participation in school breakfast programs had significantly higher math scores than students who skipped or rarely ate breakfast.



Families must fill out a new free and reduced application for school year 2023-24 (You must apply every year to receive benefits) You can find an application on our school website. ssummit.org or at your students school and the district office. You may also apply online @linqconnect.com contact Tammy Clegg tclegg@ssummit.org with any questions.

South Summit School District participates in the National School Breakfast and Lunch programs sponsored by the United States Department of Agriculture (USDA). These programs are designed to help fight hunger and obesity by providing healthy meals to children in the school system. These programs **MUST** follow the Healthy Hunger-Free Kids Act of 2010 AND the 2015 Dietary Guidelines for Americans. Our meals are healthy and delicious!

Meal prices for this year will be.

Elementary: Breakfast 1.25
Lunch 2.00

Middle School: Breakfast
1.25 Lunch 2.25

High School: Breakfast 1.50
Lunch 2.50

Silver Summit Elem:
Breakfast 1.25 Lunch 2.00

Silver Summit Academy
Breakfast 1.50 Lunch 2:50

*You can make payments to your child's school secretary. Or online @linqconnect.com.

HS manager Lisa Mitchell
lmitchell@ssummit.org
MS manager Brenda Hicken
bhicken@ssummit.org
ES manager Kathy Broadhead
kbroadhead@ssummit.org

Does Your Child Have Special Diet Needs?

South Summit School District will gladly accommodate ANY dietary allergies/needs that your child may have. In order to do so, however, the State requires that parents submit documentation, signed by a licensed physician, stating the child's dietary needs and any food substitutions needed. This document is available at each school's front office or on our Child Nutrition page @ ssummit.org